DOCUMENT RESUME

ED 384 267 FL 801 009

AUTHOR	Cunningham, Helen
TITLE	Having a Baby. An English as a Second Language Workbook for Beginners. English as a Second Language Community Survival Skills.
INSTITUTION	Vancouver Community Coll., British Columbia.
PUB DATE	86
NOTE	77p.
AVAILABLE FROM	Vancouver Community College, KEC Bookstore, 1155 E. Broadway, Box 24620, Station F, Vancouver, British Columbia, Canada V5N 5T9 ($7.50 Canadian).
PUB TYPE	Guides - Classroom Use - Teaching Guides (For Teacher) (052)
EDRS PRICE	MF01/PC04 Plus Postage.
DESCRIPTORS	Adult Education; *Birth; Dialogs (Language); *English (Second Language); Foreign Countries; Health Promotion; *Health Services; Help Seeking; Introductory Courses; *Literacy Education; Medical Case Histories; Nutrition Instruction; Physical Examinations; *Physician Patient Relationship; *Pregnancy; Reading Instruction; Reproduction (Biology); Second Language Instruction; Vocabulary Development
IDENTIFIERS	British Columbia

ABSTRACT

The workbook, one in a series on survival skills for adults learning English as a Second Language, focuses on development of communication skills, knowledge, and attitudes relating to pregnancy, prenatal care, and childbirth. An introductory section outlines the language functions taught and specific performance objectives within each function category. A series of 53 illustrated classroom exercises follows. Topics include visits to the doctor, physical examinations, body parts, giving a personal medical history, due dates, common problems, expressing concerns, colds, communicating with doctors and nurses, following a doctor's orders, eating well, items needed for mother and baby, care of the baby, breastfeeding, diapers, labor, delivery, and caesarian birth. A list of other workbooks in the series is appended. (MSE) (Adjunct ERIC Clearinghouse on Literacy Education)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED 384 267

ENGLISH AS A SECOND LANGUAGE
Community Survival Skills

HAVING A BABY

An English as a Second Language
Workbook for Beginners

Written by Helen Cunningham

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

Brenda Appleton

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

This document has been reproduced as received from the person or organization originating it.

Minor changes have been made to improve reproduction quality.

Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

FL801009

BEST COPY AVAILABLE

KING EDWARD
CAMPUS BOOKSTORE
$ 7.50

Graphic Design: Instructional Media Services, Vancouver Community College

VANCOUVER COMMUNITY COLLEGE
King Edward Campus

1155 East Broadway
Box No. 24620 Station C
Vancouver, B.C.
Canada V6T 4N3

Foreword

The Community Survival Skills Booklets were developed for adults learning English as a Second Language in the English Language Training Division at Vancouver Community College. Since many of the programs are community-based, this booklet has been prepared in response to expressed needs by learners for the language skills required to cope or survive better in the community.

BASIC LEARNING COMPONENTS IN THIS BOOKLET

COMPONENTS:	DESCRIPTION:
Vocabulary Development	Vocabulary items directly related to the topic are presented in pictorial and written form.
Picture Stories	Stories for some topic areas are presented in both pictorial and written form.
Dialogue Practice	Dialogues needed in designated situations are given in the written form.
Reading Comprehension	Informative reading selections relating directly to the topic area are presented with accompanying exercises.

HAVING A BABY

An English as a Second Language
Workbook for Beginners

OVERALL OBJECTIVE - The pregnant woman will be able to talk to and understand professionals in the health field.

FUNCTIONS	OBJECTIVES
Identifying	Identify parts of the body.
	Identify things for the baby and mother
Reporting	Describe what people are doing.
	State what various people want.
	State necessary facts regarding menstrual periods, birth control, previous pregnancies and urine sample.
	Describe various health problems related to pregnancy.
	State what to eat for a healthy pregnancy and a healthy baby.

HAVING A BABY

FUNCTIONS	OBJECTIVES
Reporting	Describe some important facts regarding breast-feeding, the pelvic tilt and a caesarean birth.
Requesting	Ask for confirmation of pregnancy. Request help from nurses.
Expressing Intentions	State plans regarding feeding the baby and type of diapers.
Receiving Instructions	Understand instructions for a healthy pregnancy and a healthy baby.
Offering	Offer advice for a healthy pregnancy and a healthy baby.

TABLE OF CONTENTS

		Page
The First Visit	Exercise 1	1
A Conversation	Exercise 2	2
An Examination	Exercise 3	3
	Exercise 4	5
Parts of the Body	Exercise 5	7
	Exercise 6	8
A Visit to the Doctor	Exercise 7	9
A Personal Medical History	Exercise 8	12
Due Dates	Exercise 9	13
Mrs. Wong's Story	Exercise 10	14
	Exercise 11	15
An Appointment with the Doctor ..	Exercise 12	16
	Exercise 13	18
	Exercise 14	20
Common Problems	Exercise 15	22
	Exercise 16	24
How is She Feeling?	Exercise 17	26
	Exercise 18	27
A Cold	Exercise 19	28
	Exercise 20	29
Mrs. Black and Dr. Smith	Exercise 21	30
	Exercise 22	31
Doctor's Orders	Exercise 23	32
A Conversation with the Nurse ..	Exercise 24	33
	Exercise 25	34
Eating Well	Exercise 26	35
	Exercise 27	36
Canada's Food Guide	Exercise 28	37
Eating	Exercise 29	41
A Visit to a Dietician	Exercise 30	42
	Exercise 31	43

		Page
Things for the Baby	Exercise 32	44
	Exercise 33	45
Things for the Mother.....	Exercise 34	46
Feeding the Baby	Exercise 35	47
	Exercise 36	48
Taking Care of the Baby	Exercise 37	49
	Exercise 38	50
Breast-Feeding	Exercise 39	51
	Exercise 40	52
Diapers	Exercise 41	53
	Exercise 42	54
Pelvic Tilt.....	Exercise 43	55
Labour	Exercise 44	56
	Exercise 45	59
The Delivery	Exercise 46	60
	Exercise 47	61
	Exercise 48	62
The Birth of Jennifer Ann Black..	Exercise 49	63
	Exercise 50	65
	Exercise 51	66
A Caesarean Birth	Exercise 52	67
Talking to the Nurses.....	Exercise 53	68

THE FIRST VISIT

Exercise 1 Practise the conversation.

Dr. Smith: Hello Mrs. Black. How are you?

Mrs. Black. Hello Dr. Smith. I think I'm *pregnant. I've missed *a period.

Dr. Smith: Well, let's find out. I'll do a pregnancy test.

*I'm pregnant - I'm going to have a baby.

*a period - bleeding every month.

A CONVERSATION

Exercise 2 Practise the conversation.

Mrs. Black: Hello doctor.

Dr. Smith: Hello Mrs. Black. You're right. You're pregnant. Is this your first pregnancy?

Mrs. Black: No, it's my second. I have two little girls. They are *twins. They're three years old.

Dr. Smith: That's very nice. When did you have your last period? What day did it start?

Mrs. Black: June 4.

Dr. Smith: Well, the baby is due March 10.

Mrs. Black: That's very nice.

Dr. Smith: Now I'll examine you.

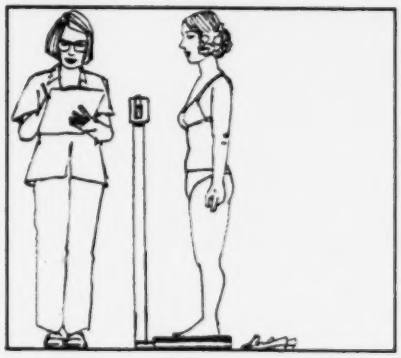
*twins - Two babies are born at the same time.

*examine - check to see that everything is okay.

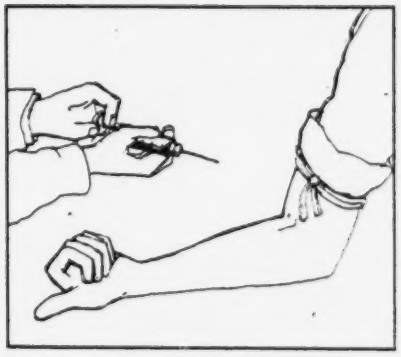
AN EXAMINATION

Exercise 3 Practise the questions and answers.

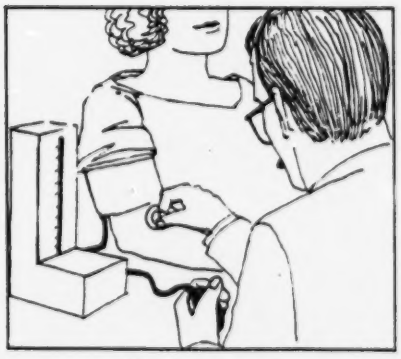
1. What is the nurse doing?
   She's weighing her.



2. What is the nurse doing?
   She's taking a blood sample.



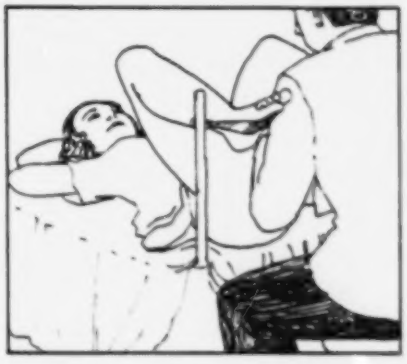
3. What is the doctor doing?
   He's taking her blood pressure.



4. What is the doctor doing?
He's listening to her heart.

5. What is the doctor doing?
He's examining her breasts.

6. What is the doctor doing?
He's examining her *internally.

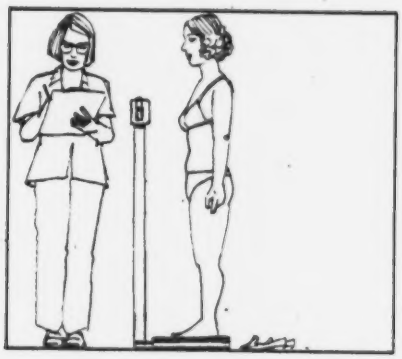


7. What is Mrs. Black doing?
She's collecting her urine
for the doctor.

*internally - inside

AN EXAMINATION

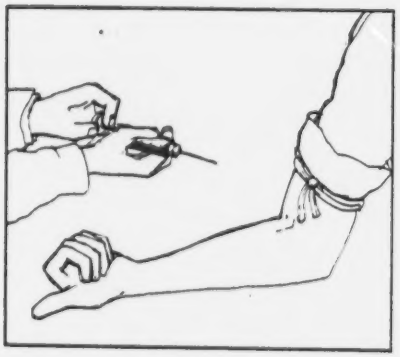
Exercise 4 **Write the answers.**



1. What is the nurse doing?

_____

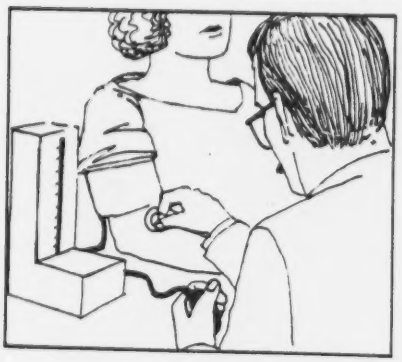
_____



2. What is the nurse doing?

_____

_____



3. What is the doctor doing?

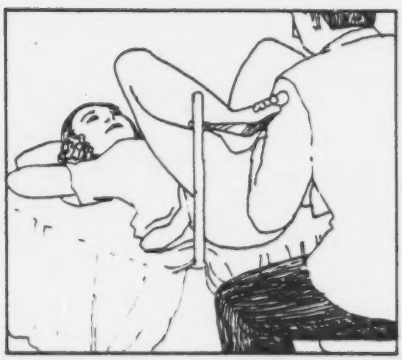
_____

_____

4. What is the doctor doing?

5. What is the doctor doing?

6. What is the doctor doing?



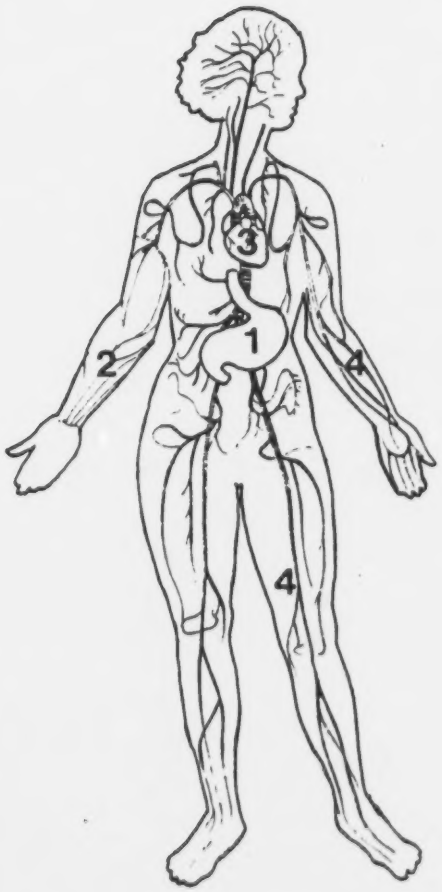
7. What is Mrs. Black doing?

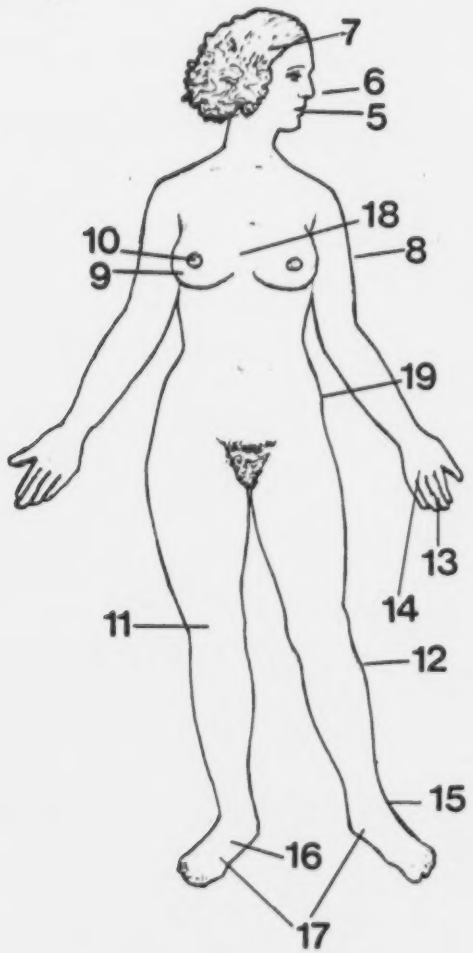
PARTS OF THE BODY

Exercise 5 **Practise the words.**

1 stomach
2 muscle
3 heart
4 blood
(in the veins)

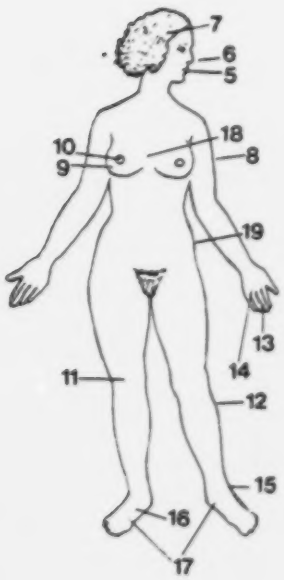
5 mouth
6 nose
7 head
8 arm
9 breast
10 nipple
11 knee
12 leg
13 finger
14 hand
15 ankle
16 foot
17 2 feet
18 chest
19 pelvis





PARTS OF THE BODY

Exercise 6 Name the parts of the body.



1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

17 _____

18 _____

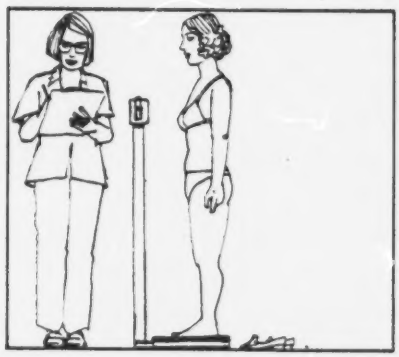
19 _____

A VISIT TO THE DOCTOR

Exercise 7 Practise these sentences.

What did the nurse or doctor tell Mrs. Black to do?

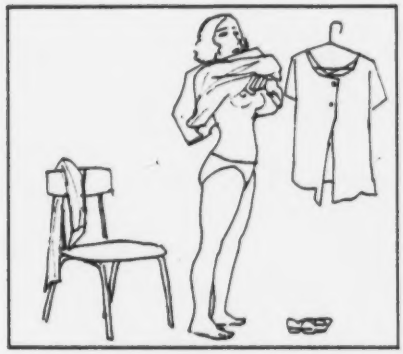
1. Take your shoes off and step on the scale.



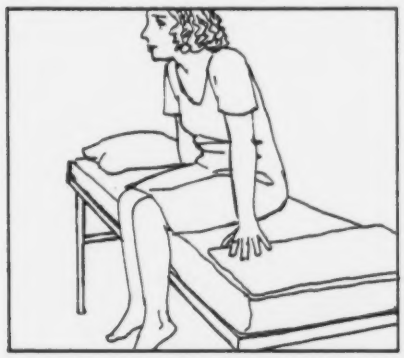
2. Roll up your sleeve.

3. Hold out your arm.

4. Undress and put on this gown.

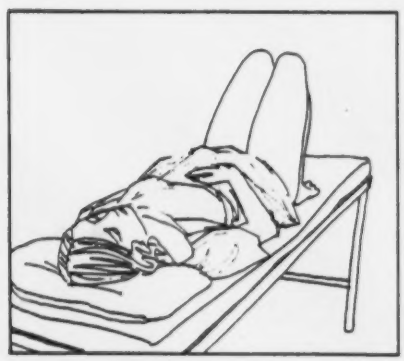


5. Sit on the table.

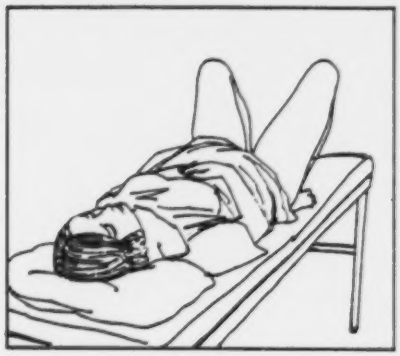


6. Lie down.

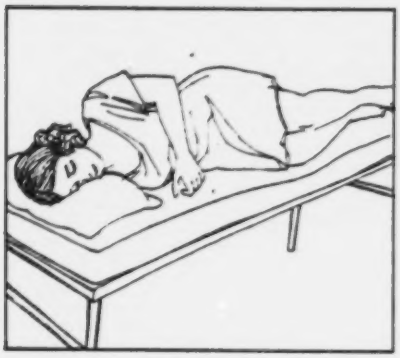
7. Put your knees up.



8. Open your legs.



9. Lie on your side.



10. Get dressed.

A PERSONAL MEDICAL HISTORY

Exercise 8 Listen to the questions. Practise the answers.

When did you have your last period?

What date did it start?

Were your periods usually regular?
Did they come about every 28 days?

Were you on *the pill?

What kind of *birth control were you using?

Is this the first time you have been pregnant?
Is this your first pregnancy?

How many times have you been pregnant?

Have you ever had a miscarriage?

Were any of your babies born early?

Were any of your babies born late?

Have you ever had a *caesarean?

How much did your babies weigh?

*birth control - something you use when you don't want to start a baby.

*the pill - a birth control pill.

*caesarean - The doctor cuts the mother's stomach and takes the baby out.

DUE DATES

Exercise 9 Read the chart.

Date Last Period Started

January	5	October	11
	10		16
	15		21
	20		26
	25		31
	30	November	5
February	5		10
	10		15
	15		20
	20		25
	25	December	1
March	5		9
	10		14
	15		19
	20		24
	25		29
	30	January	3
April	5		9
	10		14
	15		19
	20		24
	25		29
	30	February	3
May	5		8
	10		13
	15		18
	20		23
	25		28
	30	March	5
June	5		11
	10		16
	15		21
	20		26
	25		31
	30	April	5
July	5		10
	10		15
	15		20
	25		30
	30	May	5
August	5		11
	10		16
	15		21
	20		26
	25		31
	30	June	5
September	5		11
	10		16
	15		21
	20		26
	25	July	1
	30		6
October	5		11
	10		16
	15		21
	20		26
	25		31
	30	August	5
November	5		11
	10		16
	15		21
	20		26
	25		31
	30	September	5
December	5		10
	10		15
	15		20
	20		25
	25		30
	30	October	5

*Due Date

*the date the baby will probably come.

MRS. WONG'S STORY

Exercise 10 Read the story and answer the questions.

Mrs. Wong is from Hong Kong but she lives in Vancouver now. She has one child. He was born in Hong Kong. He weighed 5 pounds 6 ounces (2.4 kg.) when he was born. It was a *normal delivery. He is four years old now.

Mrs. Wong had a *miscarriage last year. She and her husband were very sad when she lost the baby.

Mrs. Wong is expecting again. This is her third pregnancy. Her last period started August 6. She has missed two periods. Her periods are very regular. The baby is due May 12.

*normal delivery - When the baby is born, the mother doesn't have any trouble pushing the baby out.

*miscarriage - The mother loses the baby when she is 2, 3 or 4 months pregnant. The baby comes out too soon.

MRS. WONG'S STORY

Exercise 11 **Read the questions and answers.**

1. How many children does Mrs. Wong have?
   She has one child.

2. How much did her first child weigh?
   He weighed 5 pounds 6 ounces (2.4 kg.)

3. Did she have any trouble during the delivery?
   No, it was a normal delivery.

4. Did she have a miscarriage?
   Yes, she had a miscarriage last year.

5. Is Mrs. Wong pregnant now?
   Yes she is. She is expecting a baby.

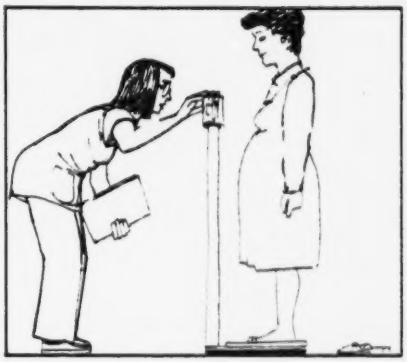
6. Is this her first pregnancy?
   No, this is her third pregnancy.

7. When is the baby due?
   The baby is due May 12.

AN APPOINTMENT WITH THE DOCTOR

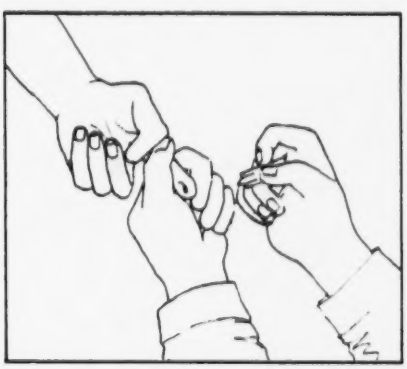
Exercise 12 Read these sentences.

1. Mrs. Wong goes to the doctor every month. Every visit the nurse says, "Step on the scale, please. I want to weigh you."



2. Every visit the doctor says, "Roll up your sleeve. I want to take your blood pressure."

3. Every visit the nurse says, "Hold out your finger. I want to take a blood sample."



4. Every visit the doctor says,

"Undress and put on this gown. I want to listen to your heart and the baby's heartbeat.

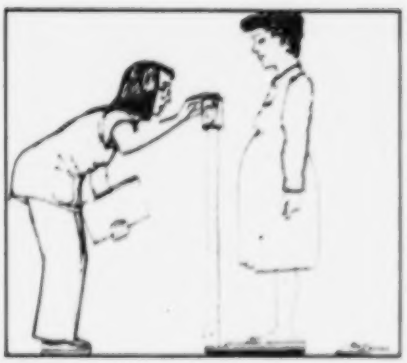
5. Every visit the doctor says,

"You can get dressed now. Make another appointment. I want to see you next month.

AN APPOINTMENT WITH THE DOCTOR

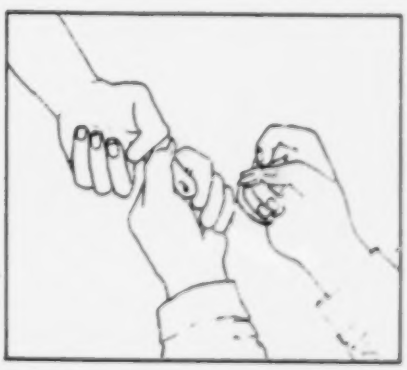
Exercise 13 **Practise the questions and answers.**

1. What does the nurse want?
   She wants to weigh her.



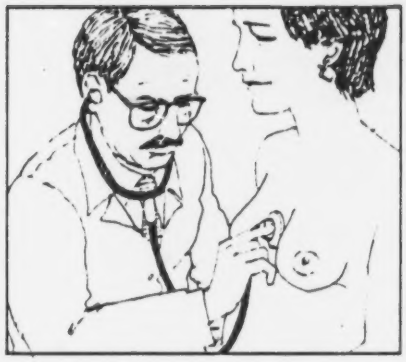
2. What does the doctor want?
   He wants to take her blood pressure.

3. What does the nurse want?
   She wants to take a blood sample.



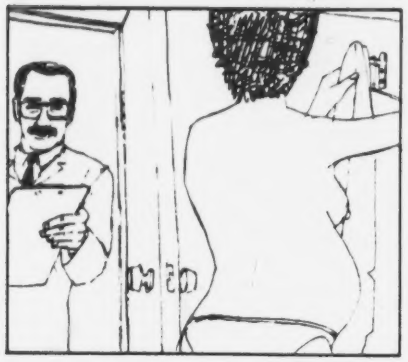
4. What does the doctor want?

He wants to listen to her heart and the baby's heartbeat.



5. What does the doctor want?

He wants her to make another appointment.



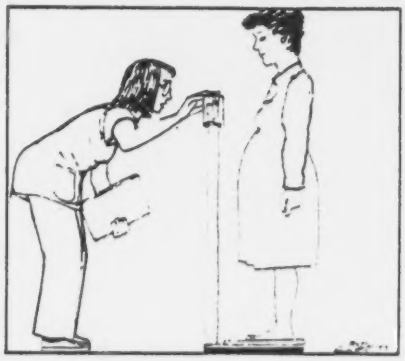
6. Why? What does he want?

He wants to see her next month.

AN APPOINTMENT WITH THE DOCTOR

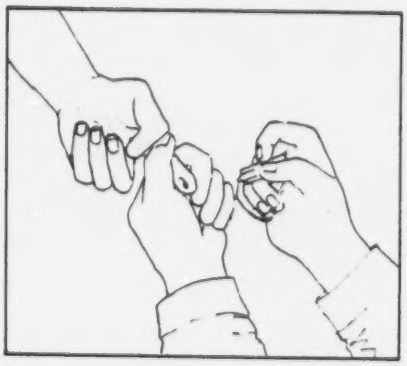
Exercise 14 Write the answers.

1. What does the nurse want?



2. What does the doctor want?

3. What does the nurse want?



4. What does the doctor want?

5. What does the doctor want?

6. Why? What does he want?

COMMON PROBLEMS

Exercise 15 **Practise these sentences.**

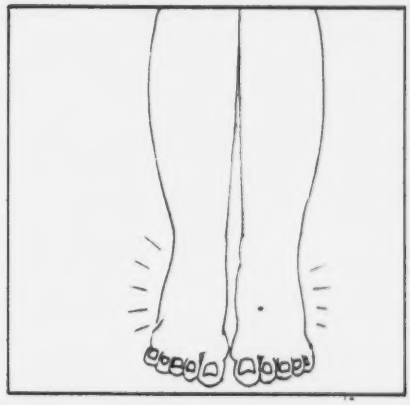
When Mrs. Black visits Dr. Smith he always says, "How are you feeling?" Mrs. Black is speaking to Dr. Smith.

1. I'm constipated.

2. My legs ache. I have varicose veins.

3. I'm sick to my stomach in the morning. I throw up every morning.

4. My ankles and feet are *swollen.



5. I'm dizzy. I stand up very slowly.

6. I'm very tired. Sometimes I go to bed at 8 o'clock. Sometimes I sleep in the afternoon.

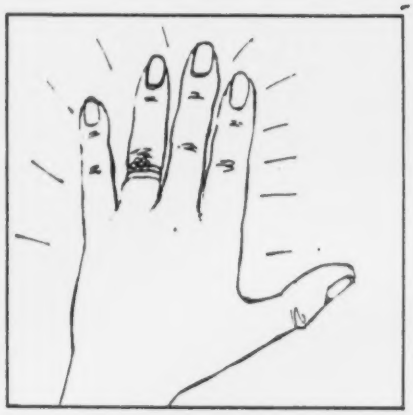
7. My back aches.

*swollen - getting bigger.

COMMON PROBLEMS

Exercise 16. **Practise these sentences.**

Mrs. Wong is speaking to Dr. Smith.



1. My hands are swollen.

2. I feel nauseous. I can't eat.

3. I have a pain in my chest after I eat. I think it's heartburn.

4. I have some *spotting. I'm bleeding a little.

5. It hurts when I go to the bathroom. It burns.

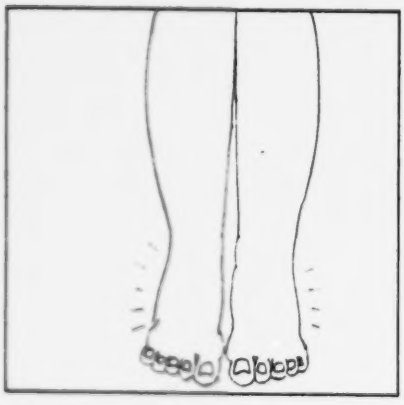
6. I have *cramps in my legs.

*spotting - bleeding

*cramps - A muscle tightens. It hurts.

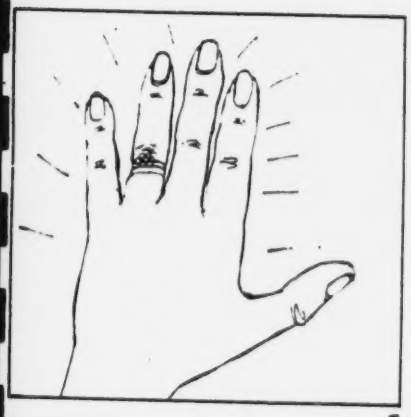
HOW IS SHE FEELING?

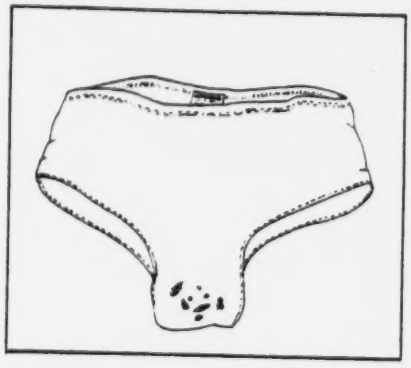
Exercise 17. Answer the question.



HOW IS SHE FEELING?

Exercise 18 Answer the question.

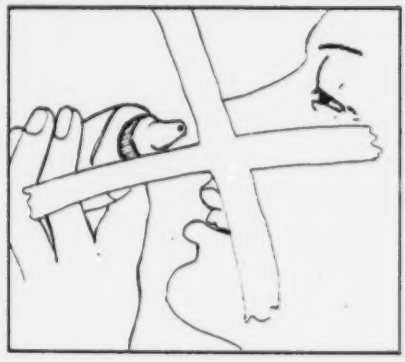




A COLD

Exercise 19 **Practise the conversation.**

Dr. Smith: Good morning Mrs. Wong. How are you?



Mrs. Wong: Not too bad but I have a cold.

Dr. Smith: Yes, I see. Steam every day but don't take any nasal sprays. Don't take any *over-the-counter medicine.

Mrs. Wong: Sometimes my head aches. Can I take an aspirin?

Dr. Smith: No. Aspirins aren't good for the baby. Don't take any *drugs when you are pregnant.

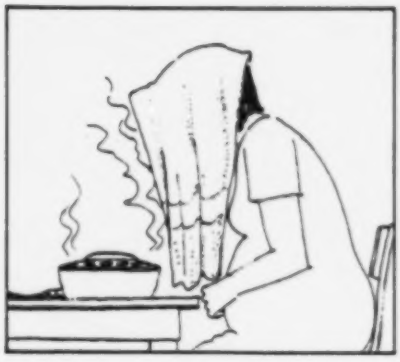
Mrs. Wong: Fine. I'll steam every day and I won't take any drugs. I want a healthy baby.

***over-the-counter medicine - medicine you can buy without a doctor's prescription.**

***drugs - medicine.**

A COLD

Exercise 20 **Fill in the blanks.**



Dr. Smith:: Good morning Mrs. Wong. How _____ you?

Mrs. Wong: Not too bad but I have a _____.

Dr. Smith: Yes, I see. _____ every day but _____ take any over-the-counter _____.

Mrs. Wong: Sometimes my head aches. _____ I _____ an aspirin?

Dr. Smith: No _____ aren't good for the baby. Don't take any aspirins when you are _____.

Mrs. Wong: Fine. I'll _____ every day and I _____ take any drugs. I want a _____ baby.

MRS. BLACK AND DR. SMITH

Exercise 21 Practise the conversation.

Dr. Smith: Hello Mrs. Black. How are you today?

Mrs. Black: I'm fine but I'm really tired.

Dr. Smith: Are you taking your iron pills?

Mrs. Black: Yes, I am.

Dr. Smith: Good. You must take them every day. Are you taking your vitamin pills?

Mrs. Black: Yes, I am.

Dr. Smith: Good. You need more rest when you are pregnant. Sit down and put your feet up for an hour twice a day.

Mrs. Black: I'll try but I can't rest very much because I have twins.

MRS. BLACK AND DR. SMITH

Exercise 22 **Fill in the blanks.**

Dr. Smith: Hello Mrs. Black. How are you today?

Mrs. Black: I'm fine but I'm really _____

Dr. Smith: Are you taking your iron _____?

Mrs. Black: Yes, I am.

Dr. Smith: Good. You must take _____ _____ every day. Are you taking your _____ pills?

Mrs. Black: Yes, I am.

Dr. Smith: Good. You need more _____ when you are _____. Sit _____ and put your feet up for an _____ twice a day.

Mrs. Black: _____ try but I _____ rest very much because I have _____ .

DOCTOR'S ORDERS

Exercise 23 Write the answers.

Mrs. Black is expecting a baby. She is 3 months pregnant. The doctor gave her a list of orders. What should or shouldn't she do?

Don't drink alcohol.
She shouldn't drink alcohol.

Get lots of rest.
She should get lots of rest.

Don't smoke.

Take vitamin pills.

Drink lots of milk.

Eat lots of fruit.

Don't take any aspirins.

Eat lots of vegetables.

Don't take any over-the-counter medicine.

Take iron pills.

Don't eat much sugar.

Don't drink much coffee or tea.

A CONVERSATION WITH THE NURSE

Exercise 24 **Practise the conversation.**

Mrs. Black: Hello. I have an appointment with Dr. Smith.

Nurse: Fine. Do you have your urine sample?

Mrs. Black: Yes, here it is. I put my name on the bottle.

Nurse: Good. When did you take this?

Mrs. Black: In the morning before breakfast.

Nurse: Good. Is the baby moving?

Mrs. Black: Yes, he's kicking a lot. I think it's a boy.

Nurse: That's nice. Please go right in. The doctor is waiting for you.

A CONVERSATION WITH THE NURSE

Exercise 25 Write the answers.

Mrs. Black: _____

_____

Nurse: Fine. Do you have your urine sample?

Mrs. Black: _____

_____

Nurse: Good. When did you take this?

Mrs. Black: _____

Nurse: Good. Is the baby moving?

Mrs. Black: _____

_____

Nurse: That's nice. Please go right in. The doctor is waiting for you.

EATING WELL

Exercise 26 **Read the story.**

You need to eat well when you are pregnant. Every day, choose several different foods from each of the 4 food groups. You need 6 to 8 glasses of milk, juice, water or soup every day. You need 4 glasses of milk every day. Calcium is in milk. Calcium builds strong bones and teeth. Calcium is also in cheese, yogurt, canned sardines and salmon with bones. Soybean milk is good too. It has calcium. The baby needs lots of calcium.

Don't eat much fat or sugar. Fried food, potato chips, cookies, cakes and candy will make you fat and they won't help the baby. Avoid caffeine. Caffeine is in tea, coffee and soft drinks. Caffeine is not good for you or the baby. Eat more during the last 5 months of your pregnancy.

EATING WELL

Exercise 27 Fill in the blanks.

You need to _____ well when you are pregnant. Every day, choose several different foods from each of the 4 food groups. You need 6 to 8 glasses of _____, _____, _____ or _____ every _____. You need 4 glasses of milk every day. _____ is in milk. Calcium builds strong _____ and _____. Calcium is also in cheese, yogurt, canned sardines and salmon with bones. Soybean milk is good too. It _____ calcium. The baby _____ lots of calcium.

Don't eat much _____ or _____. Fried food, potato chips, cookies, cakes and candy _____ make you fat and they _____ help the baby. Avoid caffeine. Caffeine is in _____, _____ and soft _____. Caffeine is not _____ for you or the baby. Eat _____ during the last 5 _____ of your pregnancy.

months	day	soup	has
fat	milk	teeth	juice
eat	drinks	won't	bones
Calcium	will	tea	water
needs	sugar	more	coffee
			good

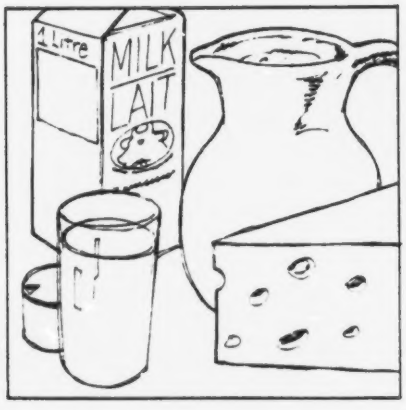
CANADA'S FOOD GUIDE

Exercise 28 Study these pages.

Group 1 Milk and Milk Products

Choose 4 *servings

milk	1 c.	250 ml.
buttermilk	1 c.	250 ml.
cheese	1 1/2 oz.	45 g.
yogurt	3/4 c.	180 ml.



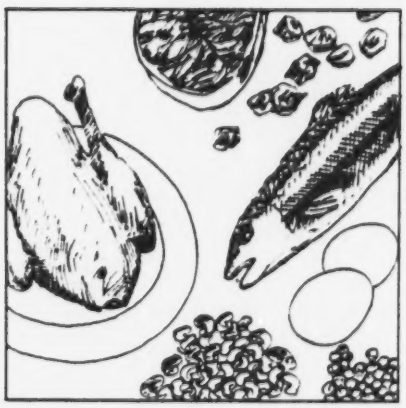
*serving - how much food you eat at one time.

CANADA'S FOOD GUIDE

Group 2 Meat and *Alternatives

Choose 2 servings

meat	2-3 oz.	60-90 g.
fish	2-3 oz.	60-90 g.
*poultry	2-3 oz.	60-90 g.
2 eggs		
cooked or dried peas	1 c.	250 ml.
beans	1 c.	250 ml.
lentils	1 c.	250 ml.



*alternatives - other things you can eat if you don't want meat.

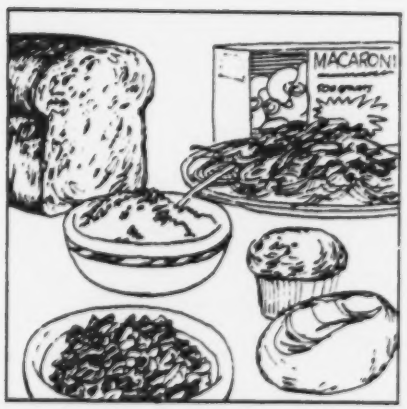
*poultry - birds we eat - chicken, duck, goose, turkey.

CANADA'S FOOD GUIDE

Group 3 Bread and Cereals

Choose 3-5 servings

bread	1 slice	
cooked or ready to eat cereal	1/2 to 1 c.	125-250 ml.
1 roll or muffin		
rice	1/2 to 3/4 c.	125-200 ml.
macaroni	1/2 to 3/4 c.	125-200 ml.
spaghetti	1/2 to 3/4 c.	125-200 ml.



CANADA'S FOOD GUIDE

Group 4 Fruits and Vegetables

Choose 4-5 servings

1 medium sized fruit or vegetable

vegetable	1/2 c.
fruit	1/2 c.
juice	1/2 c.

48

EATING

Exercise 29 Write the answers.

1. How often do you eat fish?

_____

2. How often do you eat rice or potatoes?

_____

3. How often do you drink tea?

_____

4. How often do you eat bananas?

_____

5. How often do you drink orange juice or apple juice?

_____

6. How often do you eat chicken?

_____

7. How often do you eat vegetables?

_____

8. How often do you eat yogurt?

_____

9. How often do you eat eggs?

_____

A VISIT TO A DIETICIAN

Exercise 30 Practise the conversation.

Helen Black: Hi Mary. How are you feeling?

Mary Wong: Much better. My *morning sickness is gone.

Helen Black: Oh, that's good.

Mary Wong: And Dr. Smith sent me to a *dietician last week.

Helen Black: Oh. What did you learn? My sister is a dietician. I eat well because she helps me.

Mary Wong: I'm always tired. I need more iron. Iron is in meat, fish, chicken and duck. I'm going to eat more of these things.

Helen Black: Good. If you don't get enough iron, you feel tired all day. Do you like vegetables? Peas and spinach have a lot of iron.

Mary Wong: Yes, I love vegetables. I'll eat more peas and spinach.

*morning sickness - throwing up in the morning.

*dietician - a person who teaches others what to eat for good health.

A VISIT TO A DIETICIAN

Exercise 31 Write the answers.

Helen Black: Hi Mary. How are you feeling?

Mary Wong: _____

Helen Black: Oh, that's good.

Mary Wong: _____

_____

Helen Black: Oh. What did you learn? My sister is a dietician. I eat well because she helps me.

Mary Wong: _____

_____

_____

_____

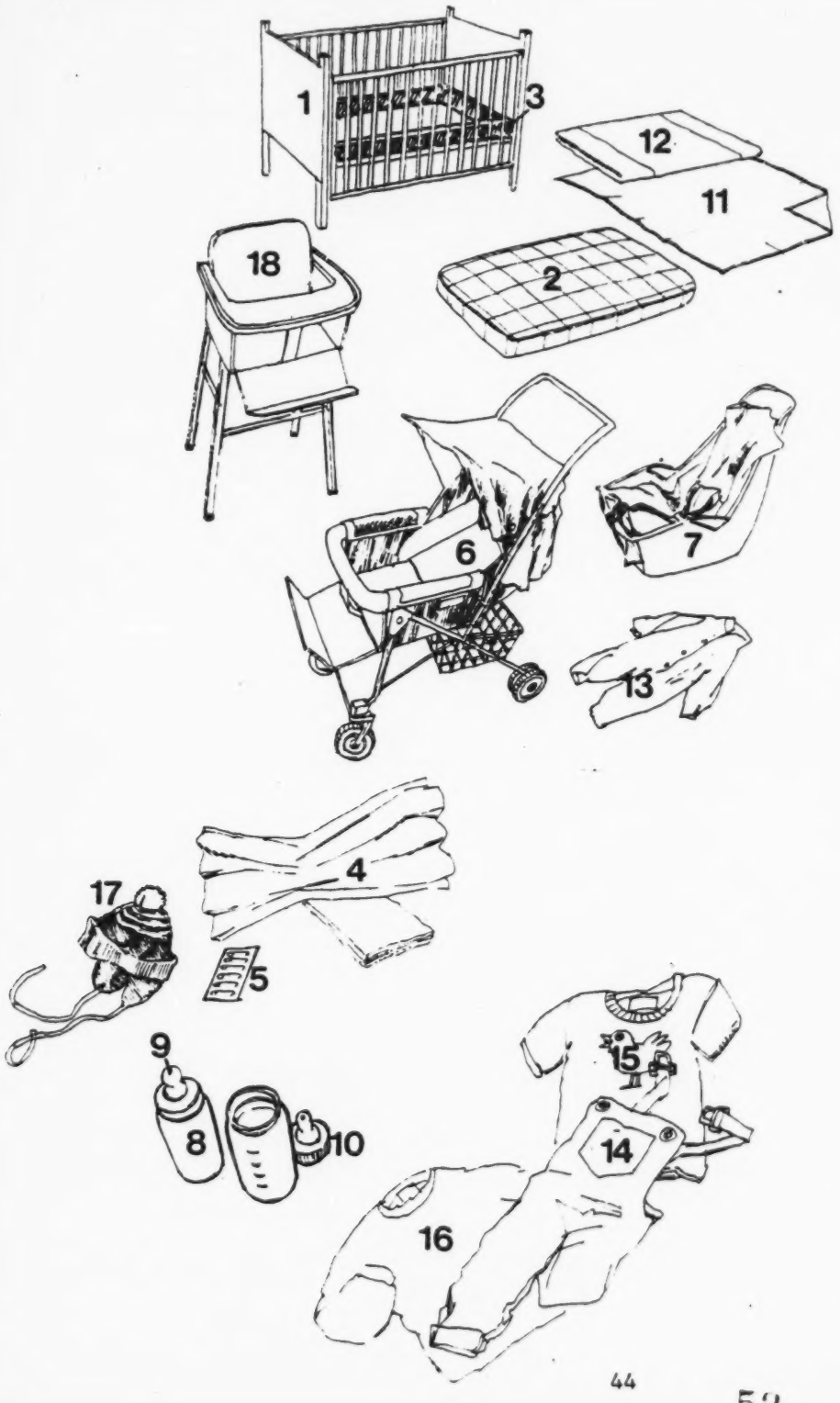
Helen Black: Good. If you don't get enough iron, you feel tired all day. Do you like vegetables? Peas and spinach have a lot of iron.

Mary Wong: _____

_____

THINGS FOR THE BABY

Exercise 32 Practise the words.



1 crib
2 mattress
3 bumper pad
4 disposable diapers
5 safety pins
6 stroller
7 car seat
8 bottle
9 nipple
10 cap
11 crib sheet
12 blanket
13 sleeper
14 overalls
15 T-shirt
16 sweater
17 hat
18 high chair

THINGS FOR THE BABY

Exercise 33 Write the answers.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

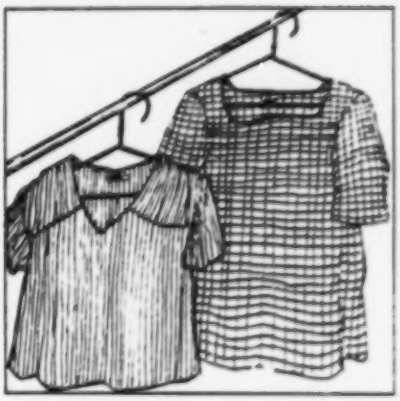
16 _____

17 _____

18 _____

THINGS FOR THE MOTHER

Exercise 34 Practise the questions and answers.



What are they?
They're maternity clothes.

What is it?
It's a nursing bra.

What is it?
It's a nursing pad.

What is it?
It's a changing table.

What is it?
It's a pad for a changing table.

54

FEEDING THE BABY

Exercise 35 Practise the questions and answers.

1. What is she doing?

She's feeding the baby.
She's nursing the baby.
She's breast-feeding her baby.

2. What is she doing?

She's feeding her baby.
She's giving her baby a bottle.

3. What are they doing?

They're feeding their babies.

FEEDING THE BABY

Exercise 36 Write the answers.

1. What is she doing?

2. What is she doing?

3. What are they doing?

TAKING CARE OF THE BABY

Exercise 37 Practise the conversation.

Mary Wong: Hi Helen. Is your baby due soon?

Helen Black: Yes, March 10. I'm going to buy a nursing bra and some nursing pads tomorrow. I want to be ready. Are you going to nurse your baby?

Mary Wong: No. I'm going to use bottles. I have a part-time job and my husband wants to help. He can give the baby a bottle in the middle of the night sometimes.

Helen Black: Oh, that's very nice. I'm going to buy some disposable diapers too. Are you going to use them?

Mary Wong: No, I don't think so. I'm going to use cloth diapers. I have a good washing machine and it's cheaper.

Helen Black: Yes, it is.

TAKING CARE OF THE BABY

Exercise 38 Write the answers.

Mary Wong: Hi Helen. Is your baby due soon?

Helen Black: _____

_____

_____

_____

Mary Wong: No. I'm going to use bottles. I have a part-time job and my husband wants to help. He can give the baby a bottle in the middle of the night sometimes.

Helen Black: _____

_____

_____

_____

Mary Wong: No, I don't think so. I'm going to use cloth diapers. I have a good washing machine and it's cheaper.

Helen Black: Yes, it is.

BREAST-FEEDING

Exercise 39 Read the story.

Many mothers breast-feed their babies. It is called nursing. Some mothers nurse for 6 weeks and some mothers nurse for 9 months or longer.

Breast milk is good for the baby. Breast milk keeps the baby healthy. If you breast-feed the baby, the baby probably won't get sick. The baby will be *immune to many *illnesses.

Nursing is very good for the mother too. Nursing helps the mother's *uterus go back to its proper size quickly.

Nursing is very easy. The milk is always ready and it is always *the right temperature. It is cheap too.

A nursing mother needs to eat well and drink a lot of *liquids. The mother will have a lot of milk for the baby if she drinks a lot of liquids. A nursing mother should sit down and rest before she nurses the baby.

*immune to - protected from

*illnesses - sicknesses.

*uterus - a part inside the body. The baby grows inside the uterus.

*the right temperature - not too hot, not too cold.

*liquids - milk, juice, water.

BREAST-FEEDING

Exercise 40 Fill in the blanks.

Many mothers breast-feed their babies. It is called _____. Some mothers _____ for 6 weeks and some mothers nurse for 9 months or longer.

Breast milk is _____ for the baby. Breast milk keeps the baby _____. If you breast-feed the baby, the baby probably won't get _____. The baby will be immune to many illnesses.

Nursing is very good for the _____ too. Nursing helps the mother's uterus go back to its proper size quickly.

Nursing is very easy. The _____ is always ready and it is always the right _____. It is _____ too.

A nursing mother needs to _____ well and _____ a lot of liquids. The mother will have a lot of milk for the baby if she drinks a lot of _____. A nursing mother should sit down and _____ before she nurses the baby.

sick	eat	cheap
temperature	mother	rest
good	nurse	drink
nursing	milk	healthy
	liquids	

DIAPERS

Exercise 41 Practise the questions and answers.

What is she doing?
She's folding the diapers.

What are they?
They're cloth diapers.

What is she doing?
She's changing the baby's diaper.

Is she using disposable diapers?
Yes, she is.

DIAPERS

Exercise 42 Write the answers.

What is she doing?

_____

_____

What are they?

_____

_____

What is she doing?

_____

_____

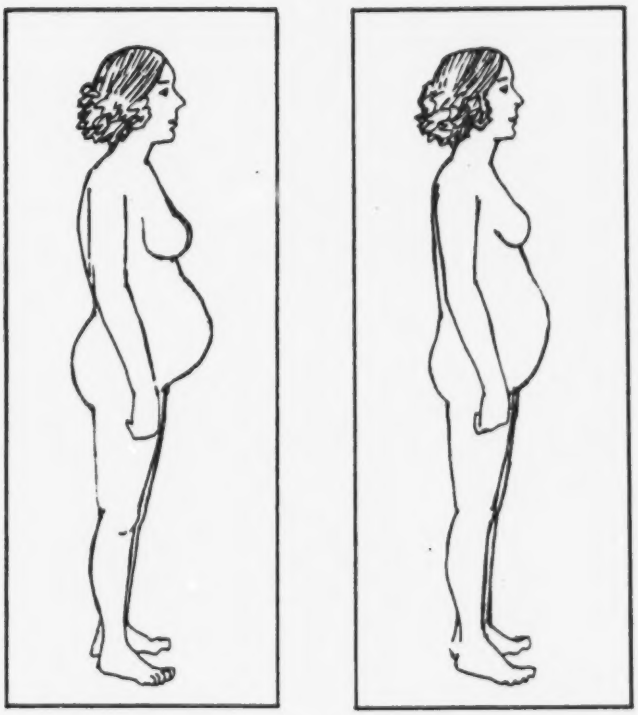
Is she using disposable diapers?

_____

THE PELVIC TILT

Exercise 43 Read the story.

Mrs. Black and Mrs. Wong are going to prenatal classes. Sometimes they do exercises. They are learning the pelvic tilt. Mrs. Wong does the pelvic tilt when her back aches. Mrs. Wong and Mrs. Black are going to do the pelvic tilt a lot after they have their babies. It will make their muscles strong again.



LABOUR

Exercise 44 Read the story.

It's 6 o'clock in the morning. Mrs. Wong can't sleep. She is getting up to go to the bathroom.

The waters have broken. She has started *labour.

Her husband is phoning the hospital and the doctor. Mrs. Wong isn't going to eat or drink anything.

*labour - the time just before the baby is born.

They are going to the hospital. The *contractions are coming every 8 minutes. Each one is 1 minute long. (They last 1 minute)

Mrs. Wong tries to *relax during a contraction. She knows she will feel more pain if she doesn't relax. She tries to breath slowly during a contraction. She breathes in through her nose and out through her mouth.

Now they are in the birthing room in the hospital. The nurse is examining her internally. She wants to know how much the cervix has *dilated.

*contractions - labour pains in your stomach and back. The uterus is pushing the baby out.

*relax - rest

*dilated - opened

It's 8 o'clock. The nurse is giving Mrs. Wong a *painkiller.

It's 9 o'clock now. A fetal heart monitor is on Mrs. Wong's stomach. The doctor is checking the baby's heartbeat. Everything is fine.

* painkiller - medicine to help with the pain.

LABOUR

Exercise 45 **Answer the questions.**

1. When did her waters break?

_____

2. How often are the contractions?

_____

3. How long do the contractions last?

_____

4. Why does she want to relax during a contraction?

_____

_____

5. Why is the nurse examining her internally?

_____

_____

6. Why is the fetal heart monitor on Mrs. Wong's stomach?

_____

_____

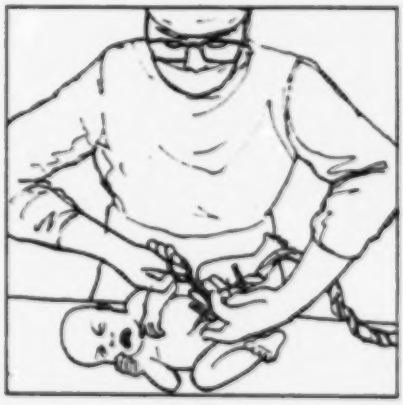
THE DELIVERY

Exercise 46 Read the story.

Mrs. Wong is fully dilated.
She is pushing very hard.

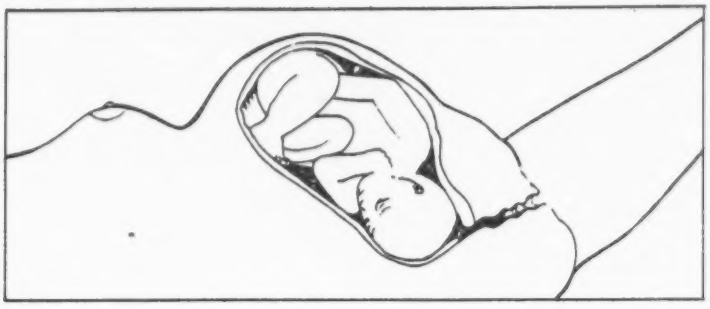
The baby's head is almost out. Mrs. Wong is panting now. She is breathing in and out very quickly. She wants the baby's head to come out slowly. She doesn't want an episiotomy.

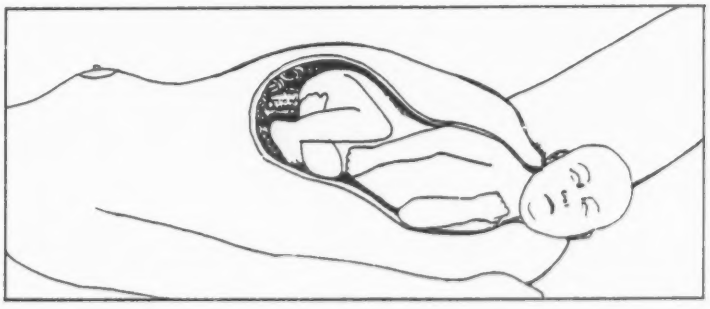
Mrs. Wong has another contraction and she is pushing very hard. Dr. Smith is delivering the baby. It's a boy. The doctor is cutting the cord. The baby weighs 7 pounds 8 ounces (3.4 kilograms). He was born at 11:05 a.m.



THE DELIVERY

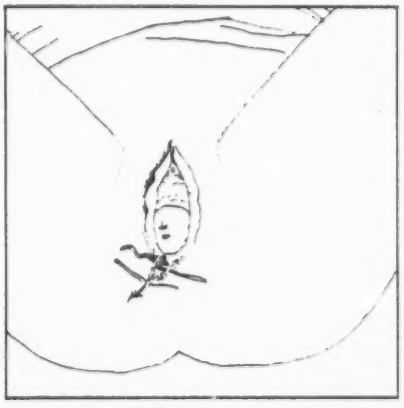
Exercise 47 Read the sentences.





In the bottom picture, the cervix is fully dilated.

An episiotomy is a cut.
The doctor will *stitch
it up.



*stitch - sew

THE DELIVERY

Exercise 48 Fill in the blanks.

Mrs. Wong is fully _____. She_____ _____very hard.

The baby's_____ is almost out. Mrs. Wong _____ _____ now. She is breathing in and out very _____. She wants the baby's head to come out slowly. She _____ _____ an episiotomy.

Mrs. Wong has another _____ and she is pushing very hard. Dr. Smith_____ _____ the baby. It's a _____. The doctor is cutting the _____ . The baby weighs 7 pounds 8 ounces (3.4 kilograms). He _____ born at 11:05 a.m.

is	cord	quickly
panting	delivering	pushing
dilated	contraction	is
want	head	doesn't
boy	is	was

THE BIRTH OF JENNIFER ANN BLACK

Exercise 49 Read the story.

Last month Mrs. Black went to the hospital for a *tour. She wanted to see the *maternity ward. Her husband went too. After the tour, Mrs. Black registered. She told them her name, address, phone number and medical insurance number. She told them about her health. The hospital knows she is coming about March 10. The baby is due March 10. The hospital knows her husband wants to watch.

Thursday afternoon, Mrs. Black saw some blood on her panties. Soon she felt some contractions. She and her husband went to the hospital. Her husband stayed with her. He rubbed her back a lot.

*a tour - a visit to look around

*maternity ward - the rooms in the hospital for the mothers and their babies.

Mrs. Black had an *epidural. After that, she didn't feel anything from her waist down. She didn't feel the pain. The doctor told her when to push. She didn't feel the baby come out but she saw it. She looked in the mirror. Her husband was in the room and he saw the baby being born.

It was a girl. She was born at 10:35 p.m. She weighed 8 pounds 4 ounces (3.7 kg.). Mr. and Mrs. Black *called her Jennifer Ann Black.

*epidural - an injection in the back
*called - named

THE BIRTH OF JENNIFER ANN BLACK

Exercise 50 Write the answers.

1. Where did Mr. and Mrs. Black go last month?

_____

2. What did they see?

_____

3. What did Mrs. Black do after the tour?

_____

4. When is the baby due?

_____

5. Is her husband going to watch?

_____

6. Why did Mrs. Black go to the hospital?

_____

_____

7. How did her husband help her?

_____

8. Why didn't she feel the baby come out?

_____

9. What did they call the baby?

_____

THE BIRTH OF JENNIFER ANN BLACK

Exercise 51 Fill in the blanks.

Last month Mrs. Black went to the hospital for a _____. She wanted to see the _____ ward. Her husband _____ too. After the tour, Mrs. Black _____. She told them her name, address, phone number and _____ insurance number. She told them about her _____. The hospital knows she is coming about March 10. The baby is _____ March 10. The hospital knows her husband wants _____ watch.

Thursday afternoon, Mrs. Black saw some _____ on her panties. Soon she _____ some contractions. She and her husband went to the _____. Her husband _____ with her. He _____ her back a lot.

Mrs. Black had an _____. After that, she didn't feel anything from her _____ down. She didn't feel the _____. The doctor told her when to push. She didn't feel the baby come out but she _____ it. She looked in the _____. Her husband was in the room and he saw the baby being _____.

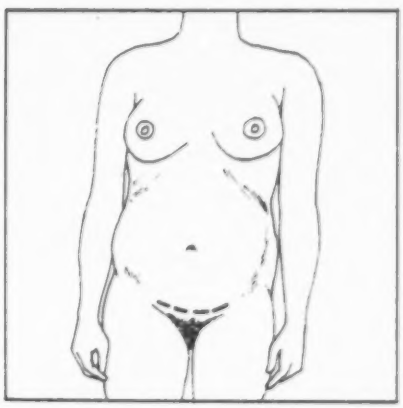
It was a girl. She _____ born at 10:35 p.m. She _____ 8 pounds 4 ounces (3.7 kg.) Mr. and Mrs. Black _____ her Jennifer Ann Black.

waist	weighed	born	stayed
saw	registered	pain	due
mirror	tour	maternity	hospital
health	to	was	went
called	felt	blood	epidural
	rubbed	medical	

A CAESAREAN BIRTH

Exercise 52 **Read the story.**

Some mothers have a Caesarean. The doctor cuts the mother's stomach and takes the baby out. Some mothers have a general anaesthetic. A general anaesthetic makes the mother go to sleep. Some mothers have an epidural. Then, they are awake and can see the baby as soon as it is born. The nurse usually takes the baby to *Intensive Care for a few hours after a Caesarean.



*Intensive Care - a special room where the nurses watch the babies very carefully.

TALKING TO THE NURSES

Exercise 53 Practise the questions and answers.

My nipples*are sore.
Can I have something for them?

My stitches hurt.
Can I have a sunlamp?

I'm bleeding a lot.
Can I have some more pads?

I'm thirsty.
Can I have a drink?

I'm constipated.
Can I have something?

I have a lot of pain.
Can I have something for it?

*are sore - hurt.

COMMUNITY SURVIVAL SKILLS SERIES

Community Survival Skills Booklets

Using the Health Department - by June Dragman

Airport Customs and Immigration - by June Dragman and Ann Hinkle

Applying for UIC and Using Human Resources - by Ann Hinkle

Using the Telephone in Emergencies - by Jennifer House

Insurance - by Kathy Pierce

Community Survival Skills Workbooks

Driving: An ESL Workbook for Beginners - by Helen Cunningham

Having a Baby: An ESL Workbook - by Helen Cunningham

Citizenship: An ESL Workbook for Beginners - by Helen Cunningham and Myrna Rabinowitz

Banking: An ESL Workbook - by Jennifer House

The Post Office: An ESL Workbook - by Jennifer House and Myrna Rabinowitz

Having an Operation: An ESL Workbook - by Myrna Rabinowitz

Sewing: An ESL Workbook for Beginners - by Myrna Rabinowitz